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OTTAWA

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Tuesday, May 8, 2012

News worth sharing.

HOME RENOVATIONS

SPECIAL FEATURE
INSIDE!

SEE PAGE 22



Ottawa police Sgt. Steven Desjourdy leaves court on Monday.
JESSICA SMITH/METRO

Cop pleads not guilty in strip-search case

In court. Alleged assault was captured in a cellblock video released in 2009



JESSICA SMITH
jessica.smith@metronews.ca

Ottawa police Sgt. Steven Desjourdy has pleaded not guilty to sexual assault in relation to a 2008 strip-search of a woman in the Elgin Street police-station cellblock.

Desjourdy was in court Monday as lawyers discussed a preliminary motion before Ontario Court Justice Timothy Lipson. Lipson will hear the case in September.

The woman, whose name cannot be published because a publication ban, will not testify unless an unexpected development occurs, Crown

and defense lawyers told the court Monday. Both sides are in the process of assembling an agreed-upon statement of facts based on her previous statements to police.

The Ontario Special Investigations Unit laid the charges last year after a public outcry concerning the woman's treatment by police. The alleged assault was captured in a cellblock video released to the public by a judge in 2009.

The video shows Desjourdy cutting her bra and shirt cut off with scissors as she was surrounded and restrained by numerous officers.

The woman and her lawyers in a civil suit against the police service were also in court Monday. One of the lawyers, Tim Gleason, said his client supports the publication ban that prohibits media from reporting her name.



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Soldiers turn to ombudsman over double-dipping crackdown

Concerns. The new policy has some Canadian Forces members worried they might not be able to collect EI if they quit



GRAHAM LANKTREE
graham.lanktree@metronews.ca

The National Defence ombudsman is fielding complaints from Canadian Forces soldiers who are concerned a new policy to prevent double dipping by retired regular-forces soldiers gathering a pension while working in the reserves will have unintended consequences.

The directive would require retired reg-force soldiers working in the reserves to stop collecting pension, potentially pay back thousands and restart pension contributions or keep collecting a pension and quit.

One of the worries among soldiers is if they quit they

might not be able to collect EI.

"This would be a costly decision for many stuck in the middle," wrote a reader who sent an anonymous letter about the new policy to Metro.

"We have received a few complaints about this, and the ombudsman has had people come up and speak to him about it at a couple outreach events," said Darren Gibb, a spokesperson for National Defence ombudsman Pierre Daigle. "He's concerned about the new directives that have come out and he's asked our operations group and legal to look into it."

Under the new regime, soldiers who have been working full-time for a year must get back into the pension program, said Brig.-Gen. Matthew Overton, the Department of National Defence's director general of military careers.

Follow Graham Lanktree on Twitter @MetroGraham



Mental health takes centre stage

Toronto recording artist Errol Lee sings at Earl of March Secondary School in Kanata Monday to kick off Mental Health Week in Ottawa. The event gathered politicians and students from other schools and featured a speech by a local teen who has struggled with depression. Read more about the story at metronews.ca. JOE LOFARO/METRO

CEGEP students in Gatineau vote in favour of striking



Student protests at the CEGEP de l'Outaouais will continue this week after a narrow vote by students in favor of keeping up demonstrations. JOE LOFARO/METRO

In a close ballot Monday, students at the CEGEP de l'Outaouais in Gatineau voted 53 per cent in favour of continuing their strike mandate until Friday.

The results came after 2,064 students cast a ballot at the Gabrielle-Roy campus.

Protests are expected to continue until Friday when students will hold a general assembly and vote on a proposed agreement between the Quebec government and student groups.

The government announced earlier that tuition fees would increase by about \$1,600 over seven years. In a tentative deal reached over the weekend, the government said it would not raise fees until December.

Jacob, a CEGEP student who wouldn't give his last name, said an increase in tuition fees is unjustified and said he voted Monday in favour of continuing the protests.

"If we stop now, we'll only

give some legitimacy to the (Jean) Charest government," he said.

Carole Connolly, president of the teachers' union at the school, said she wasn't sure if classes would resume Tuesday.

"Time is pretty short," said Connolly.

Teachers cannot work past June 29 as per their collective agreement, so the school session and exam period needs to end by then, she said.

JOE LOFARO/METRO

Woman fought back

Pervert splashed with coffee

Ottawa police say a man who crept up behind a woman and tried to pull her pants down at the Lincoln Fields Transitway got a cup of coffee in the face.

The attack happened around noon when an 18-year-old woman was walking on a pathway away from the transitway.

The woman turned around, threw her coffee in his face, and the suspect walked away. The suspect is described as white, 20 years old, five-foot-six, with short dark hair and a goatee, and wearing a black baseball cap, black sweater and jeans. METRO

YouTube sensation

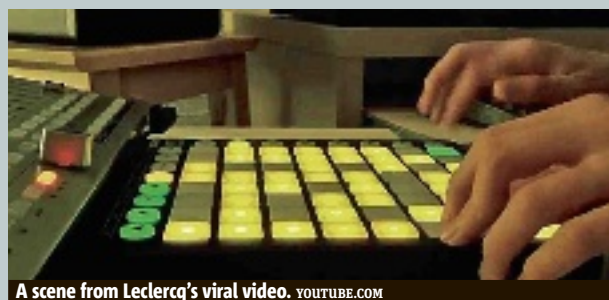
DJ phenom plays Ottawa

A French wunderkind whose YouTube mashup of 39 pop songs grabbed more than six million views just days after it appeared last July is set to play the track live in Ottawa Victoria Day weekend.

In the clip, Madeon,

a.k.a. Hugo Pierre Leclercq, a 17-year-old from Nantes, gives a virtuoso performance of his song Pop Culture, which has now jumped to nearly 11 million views. Leclercq has been rising quickly in the electronic-music scene after remixing Deadmau5's Raise Your Weapon.

Madeon will play Mansion Nightclub May 20. Tickets are \$15 and doors open at 10 p.m. GRAHAM LANKTREE/METRO



A scene from Leclercq's viral video. YOUTUBE.COM

Five-unit townhouse

South-end fire displaces 18

Ottawa firefighters battled a blaze Monday evening at a five-unit townhome at 93 Inverkip Ave. At least 18 people were forced from their homes. Ottawa Fire Service spokesman Marc Messier said it appeared the fire began in one unit and spread to at least two other units through the attic. METRO

Exclusively online

For more local news visit metronews.ca



Police investigation

Pilot safe after engine scare

A Cessna 172 landed safely at the Carp airport Sunday night after a report of a possible engine fire.

The plane took off from the Carp airport and was headed to Northern Ontario when the pilot believed an object had hit the Cessna and, worried about engine damage, turned around and landed safely on the tarmac at about 9:30 p.m.

Ottawa Fire Services crews called to the airport confirmed there had been no fuel leak or hazards and turned the incident over to police for investigation. JESSICA SMITH/METRO

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NEWS

In brief

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used 'to raise political issues.' Watch at metronews.ca

More bite in the kitchen

Saucy sisters and authors of the Bite Me cookbook have taken their fun and easy cooking style to paperback once again. Julie Albert and Lisa Gnat have collaborated on Bite Me Too, a cookbook peppered with humour, trivia, pop-culture references and user-friendly recipes. Read more at metronews.ca

On the web



After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.

Competition cash helps pave way for striving musician

NAC's Orchestra Week. Ottawa native beat out 37 other talented young musicians to make it into the Orchestra Bursary Competition



GRAHAM LANKTREE
graham.lanktree@metronews.ca

While more than 500 singing music students kicked off the NAC's Orchestra Week at city hall, across the street, another was playing her heart out for a tough team of judges and a chance to win more than \$7,000.

"I know I'm up against quite a few talented people," said flautist and Ottawa native Lara Deutsch.

Deutsch took on seven other young Ottawa musicians, each playing different instruments, at the NAC's Orchestra Bursary Competition.

"I would like to get first prize this time," she said, "but it's hard for the judges. How do you compare a flute to a bassoon to a trombone?"

After using money from past wins to help pay for her music degree at McGill University, Deutsch said Ottawa's musicians are lucky to have the competition.

"There's no admission fee, and it's perfect for me

Jackpot

\$7,000

Flautist Lara Deutsch competed against seven other young Ottawa musicians, each playing different instruments, for a chance to win more than \$7,000 at the NAC's Orchestra Bursary Competition. She has used previous winnings to help pay for her music degree at McGill University.

since it's specific for those who want to be orchestral musicians."

But getting into the finals proved to be pretty hard. Deutsch needed to beat 37 other talented candidates.

"A lot of the candidates are studying music at McGill, and, in past years, some have come from Juillard in the U.S.," said Roderick Bell, chairman of the competition's jury.

"I'm very impressed with the level these young people play at and their commitment to becoming professional musicians," he added.

"It's a long and expensive slog."

Still, the key to winning the competition isn't always cut and dried, he said.

"Often it's about the jury members recognizing their potential for growth and development."

Follow Graham Lanktree on
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Flautist Lara Deutsch took on all comers at the NAC Orchestra Bursary Competition for a chance to win more than \$7,000. GRAHAM LANKTREE/METRO

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Corporal's suicide. His mother alleges military tapes were doctored

A hearing into the suicide of a young soldier was thrown off course Monday by allegations that tapes of the military's interviews with his family were doctored.

Cpl. Stuart Langridge's mother told a Military Police Complaints Commission hearing that portions of her interviews with military investigators appear to be missing from audio recordings.

Sheila Fynes' allegations came as she was questioned over her dealings with the mil-

itary and what she was told by them in the months after her son's death.

Lawyers suggested some of her interactions with them weren't reflected in transcripts of interviews, but she says the tapes appear to have been altered.

The hearing into Langridge's death was called because of complaints by the Fynes family that the military's investigations were biased and focused on exonerating the Forces. **THE CANADIAN PRESS**

New campaign

Conservationists anti-budget plan

Canadian conservation groups have launched an anti-budget campaign condemning federal changes that they say will weaken the country's environmental safeguards. The David Suzuki Foundation, Greenpeace and Equiterre, among others, are involved.

THE CANADIAN PRESS

NDP view

Break up the omnibus budget bill: NDP

The New Democrats want the government's omnibus budget bill broken up to allow more detailed scrutiny. They say the bill is supposed to be budget legislation, but it deals with changes to environmental assessment.

THE CANADIAN PRESS

Rafferty's mom defends son against murder rap

Michael Rafferty trial.

Accused's mother claims outside court that her son is not guilty of killing eight-year-old Victoria Stafford

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the bloodthirsty young woman sought out Victoria Stafford and savagely murdered her, Michael Rafferty's

lawyer suggested Monday. The kidnapping was not orchestrated by Rafferty, there is no objective evidence that Rafferty raped Tori as alleged, and he is not the one who wielded the hammer, Dirk Derstine suggested. For McClintic to testify otherwise is "absurd," he said.

Rafferty was there when Tori died from blows to the head with a hammer, and he may have even come to realize at some point in the 2 1/2 hours the little girl was being held against her will, Derstine told the jury in his closing arguments.

The rest, he scoffed, is a

Closing arguments

The defence presented closing arguments Monday, and Rafferty's lawyer told the jury they shouldn't let the "unspeakable tragedy" of what happened to Tori overwhelm their deliberations. Rafferty's lawyer, Dirk Derstine, is also telling the jury they shouldn't believe the testimony of Terri-Lynne McClintic.

fiction invented by a troubled woman who "perjured herself over and over and over again."

McClintic, who has a proven history of violence and torture ideation, was the true engine behind Tori's death, Derstine said.

Michael Rafferty's mother was at the London, Ontario courthouse. She said her son is not guilty of killing Victoria.

The Crown makes their closing address Tuesday.

THE CANADIAN PRESS

New strategy for mental health

Planners at the Mental Health Commission of Canada are looking at the fight against cancer as an inspiration for their new campaign.

Their first-ever national mental-health strategy issued on Monday envisions a complete rethinking of how so-

ciety looks at mental health — much like the revolution around cancer three or four decades ago.

Nowadays, there is little stigma in discussing cancer of the most intimate body parts.

Finding funding for treatment is common cause for

philanthropists and recreational joggers alike.

The cancer research community is vibrant.

Advocates for better mental health can only dream of such national consensus and attention. But with a national strategy, there is a clear path

to move those dreams closer to reality.

"The mental-health system should be there for everyone who needs it and now is the time to make this happen," the commission's lengthy report said.

THE CANADIAN PRESS

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A protester is detained in St. Petersburg during a rally against Vladimir Putin's inauguration. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Putin sworn in for third term as hundreds protest

Kremlin. At least 120 detained by riot police outside the Russian leader's inauguration ceremony

Vladimir Putin took the oath of office in a brief but regal Kremlin ceremony on Monday, while on the streets outside thousands of helmeted riot police prevented hundreds of demonstrators from protesting his return to the presidency.

Putin, 59, has ruled Russia since 2000, first as president and then during the past four years as prime minister. The

Quoted

"I consider serving the fatherland and our people to be the meaning of my whole life."

Russian President Vladimir Putin

new, now six-year term will keep him in power until 2018, with the option of running for a fourth term.

"I consider serving the fatherland and our people to be the meaning of my whole life and my duty," Putin said while addressing 3,000 guests in a Kremlin hall glittering with gold leaf.

Despite unprecedented security measures in the centre of Moscow, where streets were closed to traffic and passengers prevented from exiting subway stations, at least 1,000 opposition activists tried to protest along the route Putin's motorcade took to the Kremlin. Police picked out anyone wearing the white ribbons that are the symbol of the anti-Putin protest movement.

The demonstrators, separated into several groups, were met by helmeted riot police. At least 120 were detained, including Opposition Leader Boris Nemtsov, who was grabbed while sitting at an outdoor café.

THE ASSOCIATED PRESS

Afghanistan

No evidence of foul play in Skype death

U.S. army investigators said Monday they found no bullet wound or evidence of foul play in the death of a soldier in Afghanistan who died during a Skype video chat with his wife.

Capt. Bruce Kevin Clark collapsed while speaking to his wife on May 1 from his base in Tarin Kot, Afghanistan. His wife, Susan Orellana-Clark, has suggested that Clark was shot, citing a hole visible in the closet behind him that she believed was a bullet hole.

THE ASSOCIATED PRESS

South Korea. Powdered baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease, officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into pieces and dried on stoves before being turned into powder, the Korea Customs Service said.

Customs officials refused to say where the dead babies came from or who made the capsules, citing possible diplomatic friction. Chinese officials ordered an investigation

into the production of drugs made from fetuses or newborns last year.

The customs office has discovered 35 smuggling attempts since August of about 17,450 capsules disguised as stamina boosters, and some people believe them to be a panacea for disease, the customs service said in a statement. The capsules of human flesh, however, contained bacteria and other harmful ingredients.

The smugglers told customs officials they believed the capsules were ordinary stamina boosters.

THE ASSOCIATED PRESS

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CIA stops al-Qaida underwear suicide bomber in Yemen

Plan was to blow up U.S.-bound jetliner.
New, more refined technology used in this second attempt to hide explosive in pants

The CIA thwarted an ambitious plot by al-Qaida's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design close to the one-year anniversary of the killing of Osama bin Laden, the Associated Press has learned.

The plot involved an upgrade of an underwear bomb that failed to detonate aboard a jetliner over Detroit on Dec. 25, 2009. This new bomb was also designed to be used in a passenger's underwear, but this time al-Qaida developed a more refined detonation system, U.S. officials said.

The FBI is examining the new bomb to see whether it could have passed through airport security and brought down a plane, officials said. They said the device did not contain metal, meaning it may have passed through a metal detector. But it was not clear whether body scanners used in many airports would have detected it.

The Yemen-based would-be suicide bomber had not yet picked a target or bought tickets when the CIA seized the bomb, officials said. It's not immediately clear what happened to the suspect.

The operation unfolded as the White House assured the American public that it knew of no al-Qaida plots against the U.S. around the anniversary of bin Laden's death May 2. The AP learned about the plot last week but agreed to CIA and White House requests not to publish it because the operation was still underway.

About the bomb

The CIA won't say much about the plan, except:

- **It's not a new idea.** This is the second attempt by al-Qaida to hide a bomb in underwear.
- **The device contained no metal parts.** This may have allowed it to get by airport security systems.

Once those concerns were allayed, the AP decided to disclose the plot Monday.

It's not clear who actually built the bomb, but, because of its similarity to the Detroit bomb, authorities suspected it may have been the work of Ibrahim Hassan al-Asiri. Al-Asiri constructed the first underwear bomb and two other unsuccessful devices.

THE ASSOCIATED PRESS



France welcomes new boss

Francois Hollande greets supporters as he leaves his campaign headquarters in Paris on Monday, a day after unseating Nicolas Sarkozy in France's presidential election. He's already promising to withdraw French troops from Afghanistan next year.

REMY DE LA MAUVINIÈRE/THE ASSOCIATED PRESS

U.S. election

Sarkozy loss looks bad for Obama

French President Nicolas Sarkozy's defeat could be a bad omen for President Barack Obama.

Sarkozy on Sunday joined a growing list of leaders swept aside by Europe's economic crisis. Some 11 have now fallen, including Italy's Silvio Berlusconi and Spain's Jose Luis Rodriguez Zapatero.

Sure, many European countries are in worse shape economically than the U.S. But there are some similarities, including broad voter skepticism that government programs are doing much to spur growth or produce jobs.

Polls show most Americans still think the country remains in recession, even though it technically ended almost three years ago. They also show Republican Mitt Romney leading Obama on handling economic issues.

That's not good for Obama, with the economy still the No. 1 election issue.

THE ASSOCIATED PRESS

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Pepsi. Heirs of developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 soda formula. The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation.

THE ASSOCIATED PRESS



Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

Four Air Canada execs earning more as CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned \$4 million in 2011, down from \$4.55 million a year earlier, but higher than the \$2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations

Proxy report

- One of Rovinescu's key accomplishments was to manage through several actual and threatened labour disruptions, including a three-day strike by service and airport workers with minimal passenger disruption, said the proxy report.
- Air Canada is taking its annual shareholders meeting on the road this year to Calgary, headquarters of its chief rival WestJet Airlines.

David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensa-

tion grew to \$1.68 million, Dee's was \$1.62 million, Smith made \$1.37 million and Legge's was up to \$1.15 million.

Rovinescu's compensation doesn't include the \$5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past two years were cancelled at his request. The Montreal-based airline lost \$249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to \$11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS

United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan. The bank has been operating in the region for nearly half a century, it said, and the move will expand its asset-management and investment-banking services to clients in the Middle East and North Africa.

THE CANADIAN PRESS

Market Minute



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TSX
11,860.66 (-10.58)



OIL
\$97.94 US (-55¢)



GOLD
\$1,639.10 US (-\$6.10)

Natural gas: \$2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

StatsCan. Non-residential permits still going strong

House-building intentions continued to slow in March, but the construction industry as a whole still looked strong thanks to plans for new institutional and commercial building.

Statistics Canada said Monday that building permits rose an above-consensus 4.7 per cent to \$6.8 billion for the month, following a 7.6 per cent gain the previous month.

Economists had expected a more modest 1.5 per cent increase. But all the action was on the non-residential side. Institutional building intentions

rose a stunning 88.4 per cent, mainly for government buildings and medical facilities in Ontario. Meanwhile, the value for commercial buildings rose by 15.3 per cent.

Overall, non-residential intentions were up 13.9 per cent to \$2.9 billion as the industrial component fell 42.8 per cent.

But the value of permits for the larger residential construction sector slipped by 1.3 per cent to \$3.9 billion, the sector's third consecutive month of decline.

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UNEXPECTED LIFE LESSONS FROM MOM



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best

most of the time (except when it comes to using Facebook), I thought I'd share some of the pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing. There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important. In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Location, location, location. This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward. The bad footwear choices of your 20s will come back to haunt you later on in life.

Sadly, the threat of flat feet and an orthotics dependency

haven't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom. Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set. Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing. Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you. My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.



Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep



PHOTOS BY DAN KITWOOD/GETTY IMAGES

Chim Chim Cher-ee

Sooty set takes to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle.

GETTY



Traditional chimney sweep Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

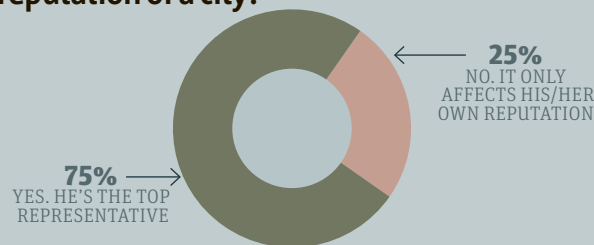
Dusting it off

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.



Register at metropolitanpanel.ca and take the quick poll

Does a mayor's behaviour affect the reputation of a city?



Twitter

@kady: The band is getting back together! @natnewswatch : Kennedy, Hall Findlay still mulling run for federal Liberal leadership

we imagine: USGS graphic. RT @justinvincent <http://t.co/QXa1PwiC>

@MSC_63: I am starving but there are three electricians in my apartment replacing all the light fixtures and my kitchen's in the dark. And crowded.

@AskAngi: Strandherd/Armstrong bridge. Why has it taken so long to get constructn restarted? @stevedesroches@jimwatson

@JCraigMcN: Earth's #water not as plentiful as

@theSpeedCretin: #icantstandpeople who bitch and complain 24/7 on twitter

DVD reviews

Underworld:
Awakening

Directors. Mans Marling,
Bjorn Stein

Stars. Kate Beckinsale,
Michael Ealy

As *Underworld: Awakening* opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckleheaded humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.

PETER HOWELL

The Vow

Director. Michael Sucsy

Stars. Rachel McAdams,
Channing Tatum

Based on a true story, but more accurately inspired by the romantic fantasies that fuel many a Valentine's Day movie date, *The Vow* is an example of personal chemistry barely exceeding genre formula. Channing Tatum and Rachel McAdams are Leo and Paige, a couple who are all wrong for each other until they realize they're all right. Cupid wins, marriage ensues, but the cooing is silenced by the dump truck that sends Paige to hospital and her memory to limbo. She can't remember who Leo is and can't imagine he'd be her husband. There's no mistaking elements of *The Notebook* here, which McAdams also starred in, and director Michael Sucsy doesn't scrimp on the suds. But Tatum and McAdams make a fine pair.

PETER HOWELL



A new documentary examines the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT
HEALY

Metro World News in Boston

When award-winning director Kevin MacDonald (*Last King of Scotland*) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director.

"The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so

MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald.

"About a third of them have never spoken (about Marley) before."

In the film, simply titled *Marley*, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an]

Quoted

"(Many people have an) image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

Marley director Kevin MacDonald on Bob Marley's work ethic and expectations of his band

image of Rastas that they lazed around smoking ganja all day, but in fact he was this driven guy."

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making *The Last King of Scotland*, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college ston-

ers or Western people who chill out and love the vibe of it.

"It's also music that has a message that continues to appeal to people around the developing world. And that's the key about understanding Bob — he's the only Third World superstar.

"He didn't come from North America or Europe, he came from abject poverty, he grew up in a shack in the hills of Jamaica sleeping on an earth floor. ... So when you go to Indonesia, people have never heard of the Rolling Stones, but they've all heard of Bob Marley.

"In Nigeria, they've got streets and squares named after him."

2

SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision News President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.

THE ASSOCIATED PRESS

On the web



Oops! Stradivarius cello worth \$20M broken in accident in Spain

Author hooks readers on saucy 'lifestyle' porn

50 Shades of Grey.
Book is full of hot sex — and even better surroundings

KAREN
VON HAHN
scene@metronews.ca

Here's a dirty little secret: no matter how passionately engaged a woman might be, either in an actual intimate moment with her lover, or merely reading about one, she might be distracted by the drapes. Or that stain that would never come out of the carpet, or the bulb that's out in the chandelier.

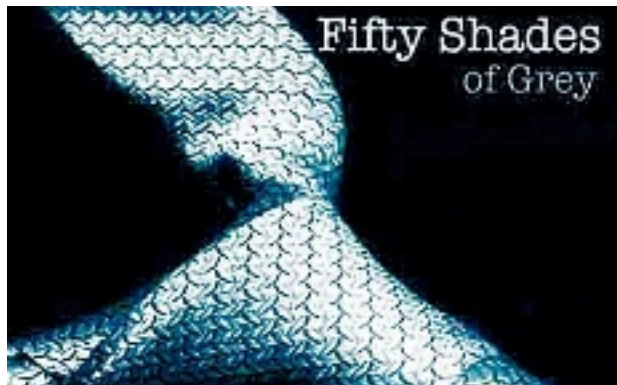
We girls can't help it — for us, atmosphere is a big part of the romantic equation (which, boys, is a big part of the magic behind hotel sex). This little insight into how much style matters to a female audience has propelled the momentous career of chick-flick auteur Nancy Meyers, whose films (*It's Complicated*, *What Women*

Want, Something's Gotta Give) are successful precisely because they shower almost as much attention on the decorative detail of the characters' beautifully appointed interiors as they do on the romantic narrative.

The latest phenomenon to test this principle is a book that was first published online only to become a major sensation. E.L. James's dirty little S&M saga *50 Shades of Grey* is so hot with its female audience that bookstores are sold out of copies.

And its first-time author, recently named one of the 100 Most Influential People by *Time* magazine, now has a seven-figure contract with Vintage Books as well as a film deal for the series with Universal Pictures and Focus Films. Clearly, James knows what women want, and after reading the dismal book, I can only conclude it isn't great literature.

What *50 Shades* offers its readers is hot sex — lots and lots of it — with descriptions of the drapes, and the wine, and the clothes in between. And the first clue that the book



will also titillate the reader with its descriptions of style is the grey silk (read: powerful, fashion-forward) men's tie on the cover. Our hero, Christian Grey, is a wildly successful and powerful billionaire, of course. The global headquarters of Mr. Grey's empire are described as "all curved glass and steel, an architect's utilitarian fantasy, with 'GREY HOUSE' written discreetly in steel over the glass front doors."

Inside, in a vast lobby of "glass, steel and white sandstone," our heroine is greeted

by an immaculate blond "in the sharpest charcoal suit jacket and white shirt that (she) has ever seen," and seated in front of a floor-to-ceiling view of the Seattle skyline in an area filled with white leather chairs. The first time she lays eyes on Mr. Grey, he is described as "tall, dressed in a fine grey suit, white shirt and black tie with unruly dark copper-coloured hair and intense, bright grey eyes." Yes, there are a lot of grey things in this book.

In the plush comfort of his black Audi SUV (one of a per-



Women just can't get enough of E.L. James' new novel. TORSTAR NEWS SERVICE

sonal fleet of Audis), Mr. Grey blasts the Flower Duet by Debussy from the opera *Lakme* and Pachelbel's Canon. "My taste is eclectic," notes Grey, "everything from Thomas Tallis to the Kings of Leon."

Playing the full Pygmalion, the cultured Grey introduces our young heroine to oysters, the mysterious pleasures of both piloting a glider and flogging with a leather whip that sounds like it was designed by Ralph Lauren. They drink Pouilly Fume and pink Bollinger Grande Annee Rose 1999. And

he presents her with a first edition of Thomas Hardy's *Tess of the D'Urbervilles*, another Audi, and, weirdly, a BlackBerry (apparently this was written before the crash of RIM and the arrival of the iPhone 4) as gifts.

Along with actual porn, E.L. James has served up a mighty helping of what is typically referred to in the magazine biz as "lifestyle porn."

No wonder the heroine even considers being Grey's submissive. She's been swept off her feet by a stylized tsunami of aspiration.

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PTS

Toni Morrison, on coming Home

New novel. Morrison's latest tells the story of a traumatized Korean War veteran who returns home to America in the 1950s

The Hudson River extends like the sun from the back of Toni Morrison's house, illuminated and infinite, undimmed by an unseasonably drab spring afternoon.

"It's interesting and soothing, and it changes constantly," she says from the comfort of a white armchair in her living room. "And at night, with the stars and the moon ..."

It's Saturday and the 81-year-old Morrison is in a relaxed, informal mood, wearing a grey blouse and slacks and dark slippers, a purple bandanna tied over her grey cornrow braids, her laugh easy and husky with a pinch of "Can-you-believe-this?"

You might mistake her for an ordinary neighbour ready for gardening until you see the pictures of her with James Baldwin, Gabriel Garcia Marquez and Elie Wiesel among others,

or learn that the low wooden table by her chair was a prop from the film version of *Beloved*, her Pulitzer Prize-winning novel. Morrison does not need to worry about recognition in her lifetime. Nobel judges have honoured her, and so has Oprah Winfrey, whose book club picks have helped Morrison's novels

sell millions. Two presidential contenders, Barack Obama and Hillary Clinton, sought her support in 2008 and Obama will soon present her with a Presidential Medal of Freedom, the country's highest civilian honour. Her play *Desdemona*, a collaboration with director Peter Sellars and the Malian singer-songwriter Rokia Traore, will be staged in London during the Summer Olympics.

The legend gets the glory; the real person works. Morrison has a new novel out, *Home*, a brief, poetic story of Frank Money, a traumatized Korean War veteran who returns to the States in the 1950s. Morrison has long used fiction as a private and alternative history, whether the Civil War (*Beloved*), the 1920s (*Jazz*) or colonial times (*A Mercy*). With *Home*, she wanted to add some truth — about war, about racism — to the standard '50s narrative.

Like *Beloved*, *Song of Solomon* and other Morrison novels, the book is a journey and a reckoning. Using bus money given to him by a pastor, Money travels from the Pacific Northwest to Chicago to his dreaded hometown, Lotus, Ga., "the worst place in the

On the back burner

For her next novel, Morrison wants to write about a black intellectual, a shift from the uneducated characters who usually appear in her work.

- **Staying grounded.** "When I'm not thinking about a novel, or not actually writing it, it's not very good; the 21st century is not a very nice place. I need it (writing) to just stay steady emotionally," she says.

world," where nobody "knew anything or wanted to learn anything."

Warned from the start that the North is no less racist than the South, he encounters violence and segregation and the lawlessness of police. Once in Georgia, he is almost relieved. At least the pace is "human," Money observes, there was "time to instruct one another, pray for one another, and chastise children in the pews of a hundred churches."

Morrison, a native of Lorain, Ohio, never lived in Georgia.



Toni Morrison THE ASSOCIATED PRESS

But for *Home*, she drew upon stories from her father, a native of Cartersville, Ga., and from her memories of the South when she was an undergraduate at Howard University in Washington, D.C. She was on tour with fellow theatre students in the early '50s and was moved by how blacks took care

Quoted

"I was really trying to take off that scab, or that veil, or whatever it is, off the '50s. We're told that it was good times — post-war, GI Bill, people had jobs and the television was full of happy stories and so on, and that's it."

Author Toni Morrison, on her new book, *Home*

of her and each other, a bond dramatized in *Home* and many of her works. She knew what to expect from the whites in the South, but the revelation was how "lovely and generous and capable" the blacks were.

"If we arrived at a town where the faculty had made arrangements to spend the night and either the place we thought was nice, wasn't, or they didn't want the students to stay there, one of them would go into a phone booth. They would check the Yellow Pages for a black church and then call up a minister and say, 'We're from Howard University and we're a little chagrined because we don't have a place to stay,'" Morrison says. "And the pastor would say, 'Call me back in 10 minutes.' And in 10 or 15 min-

utes, he had rounded up his parishioners to take us in. We would go into these houses. And the women, they just fed us, took care of us, put us on these sweet-smelling sheets and cooked, and wouldn't take any money. We had to slip money under their pillows..."

As she gets older, Morrison says, the world becomes more interesting and more distressing. She is appalled at some of the remarks about Obama and the speculation that he was not an American citizen. But nature, and its mysteries, she responds to more than ever — the water, mountains, her garden. She watches *Planet Earth* on the Discovery Channel and marvels how it took "millions of years" for humans to evolve from "that thingy down there at the bottom of the sea."

THE ASSOCIATED PRESS



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Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that “‘til death do us part” might be asking a bit much these days.

“I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic,” Messing tells Ladies Home Journal.

“But now we’re living to 100. A hundred years ago people were dying at age 37. ‘Til death do us part’ was a much different deal.”

Messing is reportedly dating her *Smash* co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.



Debra Messing ALL PHOTOS GETTY IMAGES

Twilight star goes limp on Leno

A round of reshoots on the final *Twilight* movie has proved painful for Kristen Stewart, who admits she suffered a “puncture wound” to her foot while re-filming a vampire hunting scene in Vancouver last

week, she admitted to Jay Leno.

“I wasn’t trying to have ultimate swag when I walked out. I hurt my foot,” she told the talk show host after limping during her entrance.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn’t stop shouting “Katy Perry,” the comedian left the stage to defend his ex-wife’s honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

“Let’s see how your mental illness looks in the daylight,” Brand said, re-



questing that the house lights be turned on. After asking the audience to out the heckler, Brand wasn’t pleased with what he discovered:

“You look like something that’s fallen off the side of a church. And what is it that you have rattling around in

your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing.”

Excuse us — “cocktail of nothing”? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.

Jessica making caftans cool



Jessica Simpson

While she was pregnant with daughter Maxwell, Jessica Simpson admitted she’d had a dream about giving birth in a leopard-print caftan.

So, did her dream-prove prophetic? Not quite, as it turns out. A source close to Simpson says that the dream spurred her to search for the item in real life, though while “she did find one online, it wasn’t quite leopard but it was a gorgeous pattern,” according to *Hollyscoop*.

“Sadly, I don’t think they allowed her to give birth in it,” the source adds. “She was wearing another pretty caftan today, though.”

Simpson may have found a new signature look.

Bynes isn’t off the hook quite yet



Amanda Bynes

While no further trouble seems to be coming Amanda Bynes’ way from her recent hit-and-run incident, the same can’t be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for

the former Nickelodeon star, according to Radar Online.

“Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI,” a source says.

Twitter



@AlbertBrooks

Breaking News: Romney will choose The Avengers as his running mate.



@SteveMartinToGo

I shot an arrow into the air, where it landed, I know not. gulp.



@SethMacFarlane

Okay Hindus, trim it down to about 5 gods and I swear I’ll learn their names.



@jimmykimmel

Is anyone else obsessed with charging handheld devices or is it just me?



MAY 15, 2012

BRING YOUR CAMERA

We’re inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let’s picture the world. Together.



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Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor,

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other plans for him. That pull of destiny, or perhaps of heredity, brought

Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who

did not want to go work in a hospital," he said. "Eventually, in a twist of fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, arrived in big

floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hananel Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

THE CANADIAN PRESS

3

LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days. An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

THE CANADIAN PRESS

On the Web



Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years

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The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start"

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service is live answer 24/7, confidential, free and anonymous.

"It's about taking time to truly hear what a caller needs", says Tricia Korb, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines.

Reaching out for help can be a difficult first step. Besides the telephone, the Mental Health Helpline can be reached via email or webchat. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

Mental Health Helpline

1-866-531-2600

www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook



The price of breast milk

Motherhood. The longer you breastfeed, the less income you earn, researchers say

CELIA
MILNE
life@metronews.ca

Breastfeeding is the best way to feed babies, but it isn't as "free" as everyone thinks.

Researchers in Canada and the U.S. studied the impact of breastfeeding on women's work lives. They found that, in fact, there is a high cost associated with breastfeeding.

"Women who breastfeed

their babies for a long duration — six months or longer — have a steeper decline in earnings than do women who breastfeed for less time or don't breastfeed at all," says Dr. Phyllis Rippeyoung from the department of sociology at Acadia University in Wolfville, N.S.



Believe it or not, breastfeeding can be expensive. ISTOCK PHOTO

Years of scientific studies show breastfeeding provides the healthiest start for babies — it boosts their immune systems, reduces infections, and prevents obesity.

There has been a major push among those in the government and the health community to get more women breastfeeding, says Dr. Rippeyoung. Health Canada recommends breast-

feeding exclusively for the first six months of life.

The problem is, according to Dr. Rippeyoung and her colleague Mary Noonan from the University of Iowa, the argument often used to promote breastfeeding is that it's "free."

Many women's jobs are incompatible with breastfeeding for long periods of time, so they quit their jobs.

"Our goal is not to tell

women, 'Don't breastfeed because it will cost you money.' Rather, if breastfeeding has value for society, we need to think about why women are the only ones paying the price for it, when everyone else stands to gain."

She hopes that this new study challenges people to think about the expectations that are put on women when they become mothers, and how to support them.




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Turkey, Gouda and Red Pepper Jelly Panini and Mushroom Bisque (\$7.34). SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

Tucked into a courtyard in the Byward market is a trendy coffee shop that will whisk you away with its charm and tasty

eats.

A large bouquet of colourful flowers dangles in a clear box from the ceiling. The glass case behind the counter is filled with treats and the smell of freshly-pulled espresso fills the air. It's a modern space with a European feel.

I ordered the Turkey, Gouda

and Red Pepper Jelly Panini with a side of Mushroom Bisque and a rhubarb bar for my sweet tooth. To sip: a chai-tea latte.

We took our seats along the banquette and waited for our orders to be delivered tableside.

Though the panini wasn't stuffed with filling, the combin-

ation was perfect sandwiched between deliciously crusty bread from Art-is-in-Bakery.

The mushroom bisque was bursting with fresh wild mushrooms, onions and thyme.

The rhubarb bar was not too sweet and reminded me of my grandmother's rhubarb crisp but in bar form.

Planet Coffee has found the perfect formula for blending charm, ambiance and delicious food.

Visiting the restaurant

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Rating. 4/5

Price range. \$

Business lunch. Yes

Co-worker lunch. Yes

Social lunch. Yes

Firecracker almonds. Hot-and-spicy snack is full of flavour & nutrition



1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS

(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

Anchovy-oil pizza 101: Keep it simple

If anchovies gross you out, know this — compared to what people ate before there were anchovies, they're practically like cake and ice cream.

Until around the 16th century, there were no anchovies as we know them today: small silvery fish that are boned, salt cured and packed in oil.

Instead, there was garum — the juice of salted and fermented fish guts. Garum lost favour about 500 years ago when people learned how to make anchovies.

Anchovies, however, are not a singular fish. Most cuisines around the world have their own "anchovy," most of which tend to be variants of one variety of fish, a relative of the herring.

But given the potential 'ick' factor, why eat them? Simple — they are flavour bombs that lend serious pizzazz to whatever they are added to. And the good news is that the flavour they impart isn't even a bit fishy.

Here's why. After months of salt curing, the dominant flavours in anchovies are from enzymes and good bacteria, not the flesh itself (of which there is little). The result is an intense blend of fatty, salty, savory, meaty, even a bit cheesy.

Even better, when you cook anchovies they dissolve, leaving behind a massive savoury flavour but no evidence that any fish were harmed in the making.

Anchovies are widely used in the cuisines of Spain, Portugal, Italy and France. In Turkey they are so prized they have inspired volumes of poetry, even folk dances. That is some serious anchovy love.

This recipe keeps the pizza simple in order to let the anchovy oil really shine. But if you prefer a heavy-duty pizza, by all means pile on the toppings.

Don't want to make your own flatbread? Use the same anchovy oil and toppings on a ball of pizza dough.

2 baking sheets with olive oil cooking spray.

2. In food processor, combine flour and salt, then pulse to combine. With processor running, add 1 tbsp of olive oil, then slowly drizzle in the water until the dough forms a tacky, but not wet ball. If the dough is too dry, add water 1 teaspoon at a time and pulse until it holds together easily when squeezed.

3. Transfer dough to lightly floured counter. Divide dough into 4 equal pieces. Using a floured rolling pin, roll each piece to the size of a large dinner plate. Place 2 flatbreads on each baking sheet and set aside.

4. In a small bowl, combine the remaining 2 tablespoons of olive oil, the anchovies, garlic and red pepper flakes. Mash with a fork until chunky smooth.

5. Use a pastry brush to coat each flatbread with the anchovy-oil paste, then top each with a quarter each of the spinach and mushrooms.

6. Finish each pizza with 1/2 cup of cheese. Bake for 10 minutes, or until lightly browned at the edges and the cheese is melted.

THE ASSOCIATED PRESS



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 3 tablespoons olive oil, divided
- 1/4 cup warm water
- 2 oil-packed anchovy fillets
- 2 cloves garlic, crushed
- Pinch red pepper flakes
- 2 cups baby spinach
- 1 cup sliced white button mushrooms
- 2 cups shredded fontina or other semi-soft cheese

1. Heat oven to 500 F. Spray

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Keep that credit intact while co-signing a loan for your children

The parent trap. 'Dad, can you just sign here?' Know the consequences before you become responsible for your children's debts



YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings. And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

Alison's money rule

"Co-signing a loan is exactly the same as lending cash out of your pocket."

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.

2. The loan will likely appear on your credit report and may adversely affect your credit score, especially if payments aren't made on time. Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."

your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids. Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT ALISONGRIFFITHS@GMAIL.COM



Most experts advise against co-signing for loans, but parents often want to help out their children. ISTOCK IMAGES

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Your mortgage



Are you financially ready to be a home owner? ISTOCK IMAGES

Try to avoid hefty break fees



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping \$5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up.

Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have already sold your property, prepay the mortgage up to the allowable limit.

Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage. You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out.

The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage pre-payment calculator, I know that by paying an extra 10 per cent in principle on my mortgage balance, I can save \$600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee.

Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty)

Breaking it down

"When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house. From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage."

are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

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All's unfair in love and war



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem

is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he

would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously? BFF.

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset,

and you have good reason to expect him to be less uptight after so many years.

I won't tell you it's a choice between your friend and the girl, because I think you might be able to have both ... eventually. But give your friend time, reach out to him regularly, and don't be shocked if you hear he made a voodoo doll in your image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts.

Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship

over or not. In my humble (and correct) opinion, it usually isn't. It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that family ('brother from another mother' included) comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.

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Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

To gift or not to gift, that is the question



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get them a gift. Signed, To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase

something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

- 1) Don't ever spend more than you can afford.
- 2) Don't be extravagant — it may only make the recipient uncomfortable.
- 3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

MEETING NEEDS OF FRANCOPHONES

Ontario is home to the largest francophone community in Canada outside of Quebec. In fact, francophones make up nearly five per cent of Ontario's population, with the majority living in eastern and northeastern Ontario; places like Ottawa, Sudbury, Cornwall, North Bay, Timmins and Welland.

The Franco-Ontarian community, as it is referred to, is a diverse one, made up of people from Europe, Asia, Africa and the Middle East, and is the largest minority language group in Ontario.

In order to meet the needs of this population who generally preserve their original identity as their primary cultural affiliation, the Ontario government funds French-language education.

Not to be confused with French immersion (bilingual education at an anglophone school), French-language education is actually part of the French public system where the curriculum is taught exclusively in French.

Students learn from the same Ontario curriculum as those in English-language schools. The main difference is that the curriculum is taught in French, and in a French cultural setting. But students also take English classes throughout the school day in order to equip them to be bilingual members of Canadian society.

Today, Ontario has 12 French-language school boards — eight are Roman Catholic, four are public — with more than 425 French language schools ranging from daycare to high school.

And students can go on to study at

DID YOU KNOW?

French presence in Ontario dates back nearly four centuries to when the Jesuit mission of Sainte-Marie Among the Hurons was established in 1639 as the first European community in Ontario during the province's first explorations by the French.

one of two francophone community colleges — Ottawa's La Cité Collégiale and Sudbury's Collège Boréal — or four universities that offer instruction in French as well as English: Kingston's Royal Military College; Sudbury's Laurentian University; Ottawa's Dominican University College; and the University of Ottawa.

But French-language education, from early childhood through adulthood, is about far more than just language; it's about learning the cultural aspect of the language as well, and empowering students from a minority community through cultural identity.

According to a 2006 census, outside of Quebec, Ontario receives the most francophone immigrants. As such, a big part of the French-language education curriculum has been developed to support French-speaking newcomers to Canada so they can adapt as easily as possible to Canadian society.

For more information, visit edu.gov.on.ca/eng/amenagement.

— Heather Buchan



ISTOCKPHOTO/THINKSTOCK

COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a

subject — literally — appeals to those who take the course on archeological field methods, where students get to learn on an actual site in Alberta. Other classes take students to the Northwest Territories to learn about design in traditional environments.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

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HOME RENOS

Tuesday, May 8, 2012



Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPLE STUDIOS/THINKSTOCK



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Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA
VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

- Cash on hand. If you are looking at a renovation that will cost \$10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.
- Credit card. You could put materials, etc., for smaller

Marketable home renos

These projects may add value to your home:

- Remodel the kitchen
- Add a second bathroom

- Finish the basement or the attic

- Replace old windows or doors

- Create a home office space

renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

• Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

- Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.

- Unsecured line of credit. Approval is based on your

overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

• Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.

• Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.

The sooner you're mortgage free, the more you can get out of life.



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Dig these landscaping tips for first-timers

KELLY
PUTTER
For Metro

As a first-time homeowner you are deluged with so many plans for your new address that settling on a flower bed here versus a pair of shrubs there can be overwhelming.

Spend your landscape dollars wisely and do plenty of research before heading out to the garden centre, advises

Denis Flanagan, public relations director for the Landscape Ontario Horticultural Trades Association. By following these two rules you are less likely to blow your budget or end up with tropical plants that don't have a hope of surviving the arctic climate in which you live.

"Do your homework and try to get a bit of a road map to guide you is the secret," he says. "We're a bit like kids in a

candy store, especially at this time of year. Doing your research ahead of time will help you avoid buying on impulse."

If you have earmarked some money for your outdoors, Flanagan highly recommends investing in a landscape designer or consultant.

A good designer will assess your needs and lay out a gardening plan that can be done gradually over a number of

years, depending on your budget.

But if hiring an expert is out of reach, there are plenty of alternatives. Once you get to know your new neighbours and their gardens, ask if they are interested in trading seeds and cuttings from plants that need to be divided. Do the same with friends, relatives and co-workers.

Flanagan recommends joining your local horticultural so-

ciety. Often, these groups offer free or low-cost seminars and talks on a wide range of landscape and gardening concerns. In addition, this is where you will learn about community plant swaps and sales that don't break the bank.

Some municipalities offer soil, mulch, compost and even trees for free. For stones, bricks and other gardening materials, check out demolition sites, but get permission first.

Flanagan warns that you need to be careful about what you plant in your yard. Just because something is free doesn't mean you will want it, no matter how beautiful. Certain plants are invasive and will choke out others so be mindful. Again, do your research.

When in doubt, ask an expert at landscapeontario.com, where questions are fielded by master gardeners.



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If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

DIY. It's all about cost, comfort and knowledge

JON
TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like *A Repair to Remember* and *Lowes Family Fun Projects* at *Lowes.ca*, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assumptions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good,

cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

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FULL VALUE FOR YOUR HOME

ALL FOR NOTHING? CAN BOOST PRICE OF YOUR HOUSE

Ottawa realtor Paul Rushforth sometimes senses a hesitation in homeowners who would like to sell their homes. They are worried that potential buyers are afraid that real estate prices are about to fall, just as they have fallen, drastically, over the past few years in the United States.

"I tell them there's really very little to worry about," Rushforth says. "Especially in Ottawa, we don't really have a real estate bubble. In nearly six decades, we've only seen prices go down four times — and I personally expect prices to continue increasing."

Vancouver and Toronto may have real estate bubbles, especially in the condo market, but that's not true of Ottawa, Rushforth says. "I actually expect that, five years from now, people will be wishing they had bought in 2012."

You can sell your house for top dollar now, he says. But to squeeze full value from your home, you need to put a little time and money into sprucing your property up.

"A modest amount of money and a little perspiration can give your house a huge boost in selling price, something my clients have shown time and time again."

Here are Rushforth's top tips on giving a home more appeal:

- **LIGHTING:** Prices are lower than they used to be and you can easily pick up an inexpensive chandelier or dome lights at a big box store.
- **KITCHENS:** A new funky backsplash, a sleek countertop and new hardware on cabinet doors will make many potential buyers smile. Ceramic floor tiles give an extra boost.
- **BATHROOMS:** With fresh neutral paint on the walls, new ceramic tiles and new lighting, a dated bathroom can be brought inexpensively back to life.
- **FLOORS:** Refinish any scratched hardwood floor, replace soiled carpets, and replace linoleum with ceramic tiles.
- **PAINT:** A recent coat of warm and inviting paint, Rushforth calls this "the greatest bang for your buck of all the things you can do for your house."

And then there are less tangible things that greatly affect how a potential buyer responds to your home. There should be no clutter anywhere. Every surface should be as clean as possible. It even helps to make sure the house smells nice — maybe through



All For Nothing? hosts real estate agent Paul Rushforth and designer Penny Southam.

baking chocolate chip cookies or putting out fresh flowers.

Many home improvements don't have to cost anything, Rushforth says. He has had clients who have bartered for electrical or plumbing services. One web designer created a website for a siding company that happily redid part of his home's siding in return.

Some of Rushforth's clients have held poker tournaments to raise money for home improvements. Others have sold used cars or rented out use of a

summer cottage. Holding garage sales is a great strategy, since you not only get some needed cash but reduce the amount of stuff you will have to move when the time comes.

"Without breaking the bank, you can usually improve your house far more than you first expected," he says. "The key is to do things conservatively and wisely — to do a lot yourself, to use lower-end fixes, and barter and trade where you can. These common-sense strategies will work for anyone who



Penny Southam presents design plans to homeowner Jimmy Fata for his renovation.

ALL FOR NOTHING? PHOTO

HOMEOWNER TESTIMONIALS

JIMMY FATA, KANATA

"Thank you so much for the opportunity to be on the show. My house is beautiful. We appreciate the way the TV crew showed true professionalism in all aspects of their work. We enjoyed having them in my house. Everyone I met on the All For Nothing? crew was friendly, courteous and knowledgeable. It has been a truly incredible experience that we will treasure forever."

KELLY ORANGE AND GUY LACASSE, VANIER

"We would simply like to express our sincerest gratitude and thanks to Paul Rushforth and Penny Southam for their assistance in getting our home ready for sale. The house was put on the market on April 4 and after just one day on the market we had multiple offers. It was a mind-blowing affair. We sold for \$25,000 over the asking price — woot!"

wants to sell a house."

Rushforth has seen these strategies work time after time — in his real estate practice, and also in the television show All For Nothing?, which he hosts with designer Penny Southam. Each week, two households compete to see which can get the greatest increase in house value while spending essentially nothing.

"The homeowners get better than a 10-to-1 return," Rushforth says. "The average home increases in value by \$27,000, with expenses of only \$2,600."

To find out how you can be on All For Nothing?, contact Sonja via email at sonja@mountainroad.ca, phone 613-237-4447 or visit allfornothingtv.ca.

ALL FOR NOTHING? PHOTO

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4

SPORTS

MLB

“I was trying to hit him. I’m not going to deny it.”

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies’ 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

On the web



New York Knick Amare Stoudemire’s choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he’s hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

Giroux will sit out Game 5



Flyers centre Claude Giroux speaks to referee Kevin Pollock in the closing minutes of Sunday's loss in New Jersey. BRUCE BENNETT/GETTY IMAGES FILE

NHL. Flyers’ star given one-game suspension for head hit on Zubrus

The Philadelphia Flyers will face playoff elimination without forward Claude Giroux.

The NHL slapped the all-star with a one-game suspension for delivering a shoulder blow to the head of New Jersey forward Dainius Zubrus in the Devils’ 4-2 win Sunday night.

Giroux hit Zubrus at 19:56 of the second period and was

Quoted

“We need to relax a little bit. Everybody’s just panicking a little bit.”

Claude Giroux on the Flyers’ poor play of late.

assessed a minor penalty for an illegal check to the head. Zubrus, who scored the eventual game winner, was shaken up but returned to score an empty-net goal to seal it late.

Brendan Shanahan, the NHL’s senior vice-president,

player safety and hockey operations, said Giroux delivered a “late, reckless hit to the head” of Zubrus on the play.

Giroux took part in a disciplinary hearing with the NHL on Monday. He said he “respects the decision and wants to move on.”

It marked the first time in Giroux’s four-year NHL career that he had received supplemental discipline.

The Devils lead the series 3-1 with the fifth game in Philadelphia on Tuesday.

THE ASSOCIATED PRESS



Riders pile up in sprint to finish in Denmark

Mark Cavendish of Great Britain crashes during the third stage of the Giro d'Italia on Monday in Horsens, Denmark. Matthew Goss of Australia won the stage while the world champion Cavendish and overall leader Taylor Phinney were involved in a crash in the sprint finish. Cavendish, who won the second stage on Sunday, fell hard on his left shoulder and side but got up and carried his bike across the finish. The BMC team said Phinney’s right ankle has a puncture wound. About 15 riders were involved in the crash. **FABIO FERRARI/THE ASSOCIATED PRESS**

NHL

GM Gillis keeps job with Canucks

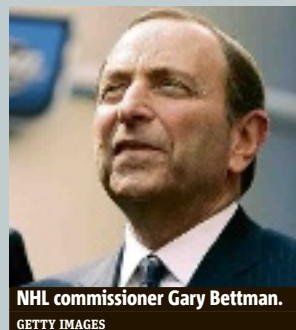
Mike Gillis will continue to call the shots for the Vancouver Canucks.

The club agreed to a contract extension on Monday with Gillis, who has served as the team’s president and general manager for four seasons. **THE CANADIAN PRESS**

NHL

NHL finds owner for Phoenix: Source

A person with knowledge of the situation says a tentative deal by the NHL to sell the Coyotes to former San Jose Sharks CEO Greg Jami-son was expected to be announced before Phoenix’s Monday night game against Nashville. **THE ASSOCIATED PRESS**



NHL commissioner Gary Bettman. GETTY IMAGES

MLB

Giants Mota gets 100-game ban

San Francisco Giants reliever Guillermo Mota was suspended for 100 games on Monday for a positive drug test. The commissioner’s office said the right-hander tested positive for Clenbuterol.

THE ASSOCIATED PRESS

NBA

“I feel surprisingly great.”

Ray Allen, Boston’s 36-year-old shooting guard. Allen, along with Celtics teammates Paul Pierce, age 34, and Kevin Garnett, 36, all appear to have some life in their old bones. The Big Three (plus Rajon Rondo) have led the Celtics to a 3-1 lead over the Hawks. Game 5 is Tuesday night in Atlanta.



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MLB				
AMERICAN LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Baltimore	19	9	.679	—
Tampa Bay	19	10	.655	½
Toronto	16	13	.552	3½
New York	15	13	.536	4
Boston	11	16	.407	7½
CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	16	11	.593	—
Detroit	14	13	.519	2
Chicago	13	16	.448	4
Kansas City	9	18	.333	7
Minnesota	7	20	.259	9
WEST DIVISION				
	W	L	Pct	GB
Texas	18	10	.643	—
Oakland	15	14	.517	3½
Seattle	13	17	.433	6
Los Angeles	12	17	.414	6½

Yesterday's results
Cleveland 8, Chicago White Sox 6, 1st game
Chicago White Sox at Cleveland, 2nd game
Texas at Baltimore
Boston at Kansas City
L.A. Angels at Minnesota
Detroit at Seattle
Sunday's results
Detroit 3, Chicago White Sox 1
Cleveland 4, Texas 2
Baltimore 9, Boston 6, 17 innings
Oakland 9, Tampa Bay 5
N.Y. Yankees 10, Kansas City 4
L.A. Angels 4, Toronto 3
Seattle 5, Minnesota 2
Tonight's games — All Times Eastern
Chicago White Sox (Danks 2-4) at Cleveland (Masterson 1-2), 7:05 p.m.
Tampa Bay (Shields 5-0) at N.Y. Yankees (Nova 3-1), 7:05 p.m.
Texas (Feliz 1-1) at Baltimore (Arrieta 2-2), 7:05 p.m.
Boston (Bard 2-3) at Kansas City (Duffy 2-2), 8:10 p.m.
L.A. Angels (Haren 1-2) at Minnesota (Diamond 0-0), 8:10 p.m.
Toronto (R.Romero 4-0) at Oakland (McCarthy 2-3), 10:05 p.m.
Detroit (Verlander 2-1) at Seattle (Millwood 0-3), 10:10 p.m.

SUNDAY

ANGELS 4, BLUE JAYS 3									
Toronto	ab	r	h	bi	L.A. Angels	ab	r	h	bi
KJhnsn 2b	4	0	2	1	Trout cf	4	1	1	0
Thams lf	4	0	1	1	Mlzturs 2b	4	1	2	0
Bautist rf	4	1	1	0	Pujols 1b	4	1	1	2
Lind dh	3	0	0	0	KMoris dh	4	1	1	0
RDavis pr-dh	0	0	0	0	Trumo rf	3	0	2	1
Encnc 1b	3	0	0	1	TrHntr rf	1	0	0	0
Lawrie 3b	3	0	0	0	V.Wells lf	4	0	1	0
Rasms cf	4	0	1	0	Callasp 3b	4	0	2	1
Arencl c	4	2	3	0	Aybar ss	3	0	0	0
Mathis pr	0	0	0	0	Iannett c	3	0	0	0
Vizquel ss	4	0	1	0					
Totals	33	3	9	3	Totals	34	4	10	4
Toronto					001	001	100	—	3
L.A. Angels					000	220	00x	—	4
E—Pujols (1). DP—Los Angeles 3. LOB—Toron- to 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.									
Toronto		IP	H	R	ER	BB	SO		
Hutchison L,1-1	5	1-3	8	4	4	0	6		
Oliver	1	1-3	1	0	0	0	0		
Frasor	1	1-3	0	0	0	0	0		
Janssen	1	1	1	0	0	0	1		
Villanueva	1	0	0	0	0	0	2		
L.A. Angels									
Williams W,3-1	6	2-3	8	3	2	1	4		
D.Carpenter H,1	1	1-3	0	0	0	0	1		
Frieri H,1	1	1	0	0	0	1	1		
S.Downs H,5	1	1-3	1	0	0	0	0		
Hawkins S,1-1	2	2-3	0	0	0	0	0		
T—2:51. A—37,548 (45,957) at Anaheim, Calif.									

NATIONAL LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Washington	18	10	.643	—
Atlanta	18	11	.621	½
New York	15	13	.536	3
Miami	14	14	.500	4
Philadelphia	14	15	.483	4½
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	17	11	.607	—
Cincinnati	14	13	.519	2½
Houston	13	15	.464	4
Milwaukee	12	16	.429	5
Pittsburgh	12	16	.429	5
Chicago	11	17	.393	6
WEST DIVISION				
	W	L	Pct	GB
Los Angeles	18	10	.643	—
San Francisco	14	14	.500	4
Arizona	14	15	.483	4½
Colorado	12	15	.444	5½
San Diego	9	20	.310	9½

Last night's results
N.Y. Mets at Philadelphia
Atlanta at Chicago Cubs
Miami at Houston
Cincinnati at Milwaukee
St. Louis at Arizona
Colorado at San Diego
San Francisco at L.A. Dodgers
Sunday's results
N.Y. Mets 3, Arizona 1
Cincinnati 5, Pittsburgh 0
St. Louis 8, Houston 1
Chicago Cubs 4, L.A. Dodgers 3, 11 innings
San Francisco 4, Milwaukee 3, 11 innings
Philadelphia 9, Washington 3
Tonigh's games
N.Y. Mets (Batista 0-1) at Philadelphia (Blan-
ton 3-3), 7:05 p.m.
Washington (E.Jackson 1-1) at Pittsburgh
(A.J.Burnett 1-2), 7:05 p.m.
Atlanta (Delgado 2-3) at Chicago Cubs (Demp-
ster 0-1), 8:05 p.m.
Miami (A.Sanchez 2-0) at Houston
(A.Rodriguez 0-0), 8:05 p.m.
Cincinnati (Bailey 1-2) at Milwaukee (Gallardo
1-3), 8:10 p.m.
St. Louis (Westbrook 3-2) at Arizona
(L.Kennedy 3-1), 9:40 p.m.
Colorado (Undecided) at San Diego (Suppan 1-
0), 10:05 p.m.
San Francisco (Vogelsong 0-2) at L.A. Dodgers
(Kershaw 2-0), 10:10 p.m.

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP PRELIMINARY ROUND

Yesterday's results									
At Helsinki									
Canada 7 France 2									
Slovakia 4 U.S. 2									
At Stockholm									
Czech Republic 4 Norway 3 (SO)									
Sweden 6 Denmark 4									
Sunday's results									
At Helsinki — Finland 1 Slovakia 0									
France 6 Kazakhstan 3									
Switzerland 3 Belarus 2									
At Stockholm — Italy 4 Denmark 3 (OT)									
Latvia 3 Germany 2									
Russia 4 Norway 2									

NHL PLAYOFFS

STANLEY CUP

CONFERENCE SEMIFINALS

(Best-of-7)	
All Times Eastern	
EASTERN CONFERENCE	
N.Y. RANGERS (1) VS. WASHINGTON (7)	
(Series tied 2-2)	
Last night's result	
Washington at N.Y. Rangers	
Saturday's result	
Washington 3 N.Y. Rangers 2	
Tomorrow's game	
N.Y. Rangers at Washington, TBA	
Saturday, May 12	
x-Washington at N.Y. Rangers, TBA	
PHILADELPHIA (5) VS. NEW JERSEY (6)	
(New Jersey leads series 3-1)	
Sunday's result	
New Jersey 4 Philadelphia 2	
Tonight's game	
New Jersey at Philadelphia, 7:30 p.m.	
Thursday's game	
x-Philadelphia at New Jersey, TBA	
Saturday, May 12	
x-New Jersey at Philadelphia, TBA	
WESTERN CONFERENCE	
ST. LOUIS (2) VS. LOS ANGELES (8)	
(Los Angeles wins series 4-0)	
Sunday's result	
Los Angeles 3 St. Louis 1	
PHOENIX (3) VS. NASHVILLE (4)	
(Phoenix leads series 3-1)	
Last night's result	
Nashville at Phoenix	
Friday's result	
Phoenix 1 Nashville 0	
Tomorrow's game	
x-Phoenix at Nashville, TBA	
Friday's game	
x-Nashville at Phoenix, TBA	
x — played only if necessary.	

SUNDAY

DEVILS 4, FLYERS 2

First Period	
1. Philadelphia, Hartnell 3 (Giroux, Timonen)	
11:50 (pp)	
2. Philadelphia, Giroux 8 (Talbot) 13:40 (sh)	
3. New Jersey, Sykora 2 (Zidlicky, Zajac) 15:14 (pp)	
13:27, Hartnell Pha (interference) 18:09	
Penalties — Zajac NJ (interference) 8:55, Zidlicky NJ (interference) 11:43, Lijla Pha (tripping) 13:27, Hartnell Pha (interference) 18:32.	
Second Period	
5. New Jersey, Zubrus 2 (Henrique, Sykora) 17:47	
Penalties — Couturier Pha (delay of game) 5:12, Giroux Pha (illegal check to head minor) 19:56.	
Third Period	
6. New Jersey, Zubrus 3 (Fayne, Brodeur)	
19:15 (en)	
Penalty — Timonen Pha (holding) 16:24.	
Shots on goal by	
Philadelphia	7 5 10 — 22
New Jersey	16 16 11 — 43
Goal — Philadelphia: Bryzgalov (L,5-5-0); New Jersey: Brodeur (W,7-3-0). Power plays (goals- chances) — Philadelphia: 1-2; New Jersey: 1-5.	
Attendance — 17,625 (17,625) at Newark, N.J.	
KINGS 3, BLUES 1	
First Period	
1. Los Angeles, Nolan 1 (Penner) 4:36	
2. St. Louis, Shattenkirk 1 (Jackman) 11:34	
3. Los Angeles, Brown 5 (Kopitar, Doughty) 18:17	
Penalties — Stewart StL (tripping) 2:06, Stewart StL, Nolan LA (fighting) 13:53, Stoll LA (holding) 14:14.	
Second Period — No Scoring.	
Penalties — Nichol StL (high-sticking) 4:48, Los Angeles bench (too many men; served by	

King) 6:04, Doughty LA (interference) 8:03,
Backes StL (elbowing) 8:13.
Third Period
4. Los Angeles, Brown 6 (Kopitar, Greene)
19:34 (en)
Penalties — D'Agostini StL (boarding), Brown
LA (slashing) 4:33, Nichol StL (double high-
sticking) 8:00, Stoll LA (high-sticking) 9:29.
Shots on goal by
St. Louis 4 13 7 — 24
Los Angeles 10 2 7 — 19
Goal — St. Louis: Elliott (L,3-4-0); Los Angeles:
Quick (W,8-1-0). **Power plays (goals-chances)**
— St. Louis: 0-3; Los Angeles: 0-5.
Attendance — 18,373 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Giroux, Pha	8	9	17
Briere, Pha	8	4	12
Brown, LA	6	5	11
McDonald, StL	5	5	10
Zajac, NJ	5	5	10
Kovalchuk, NJ	4	6	10
Kopitar, LA	3	7	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
B.Richards, NYR	4	5	9
Vermette, Phx	5	3	8
Parise, NJ	4	4	8
Crosby, Pgh	3	5	8
Gaborik, NYR	3	5	8
Hartnell, Pha	3	5	8
Malkin, Pgh	3	5	8
M.Richards, LA	3	5	8
Schenn, Pha	3	5	8
Jagr, Pha	1	7	8
Ovechkin, Wash	4	3	7
Berglund, StL	3	4	7
Boedker, Phx	3	4	7
Penner, LA	2	5	7
Williams, LA	2	5	7
Clarkson, NJ	1	6	7
Yandle, Phx	0	7	7
Bergenheim, Fla	3	3	6
Kennedy, Pgh	3	3	6
Nash, NJ	3	3	6
Anisimov, NYR	2	4	6
Backstrom, Wash	2	4	6
Carle, Pha	2	4	6
Dupuis, Pgh	2	4	6
Klesla, Phx	2	4	6
Kunitz, Pgh	2	4	6
Neal, Pgh	2	4	6
Sullivan, Pgh	2	4	6
Whitney, Phx	2	4	6
Doughty, LA	1	5	6
Girardi, NYR	1	5	6
Radulov, Nash	1	5	6
Simmonds, Pha	1	5	6
Stapan, NYR	1	5	6
Zidlicky, NJ	1	5	6
Bourque, Nash	3	2	5
Callahan, NYR	3	2	5
Chimera, Wash	3	2	5
Doan, Phx	2	3	5
Elias, NJ	3	2	5
Legwand, Nash	3	2	5
Peeverley, Bos	3	2	5
Read, Pha	3	2	5
Spezza, Ott	3	2	5
Talbot, Pha	3	2	5
Versteeg, Fla	3	2	5
Weiss, Fla	3	2	5
Goc, Fla	2	3	5
Henrique, NJ	2	3	5
H.Sedin, Vcr	2	3	5
Thornton, SJ	1	4	5
Campbell, Fla	1	4	5
Del Zotto, NYR	1	4	5
Laich, Wash	1	4	5
Letang, Pgh	1	4	5
Perron, StL	1	4	5
Salvador, NJ	1	4	5
Ward, Wash	1	4	5

Not including last night's games

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

Best-of-7)

All Times Eastern

EASTERN CONFERENCE

CHICAGO (1) VS. PHILADELPHIA (8)
 (Philadelphia leads series 3-1)
 Sunday's result
 Philadelphia 89 Chicago 82
 Tonight's game
 Philadelphia at Chicago, 9:30 p.m.

MIAMI (2) VS. NEW YORK (7)
 (Miami leads series 3-1)
 Sunday's result
 New York 89 Miami 87
 Tomorrow's game
 New York at Miami, 7 p.m.

INDIANA (3) VS. ORLANDO (6)
 (Indiana leads series 3-1)
 Saturday's result
 Indiana 101 Orlando 99 (OT)
 Tonight's game
 Orlando at Indiana, 7 p.m.

BOSTON (4) VS. ATLANTA (5)
 (Boston leads series 3-1)
 Sunday's result
 Boston 101 Atlanta 79
 Tonight's game
 Boston at Atlanta, 8 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS. UTAH (8)
 (San Antonio leads series 3-0)
 Last night's result
 San Antonio at Utah
 Saturday's result
 San Antonio 102 Utah 90
 Tomorrow's game
 x-Utah at San Antonio, 8:30 p.m.

OKLAHOMA CITY (2) VS. DALLAS (7)
 (Oklahoma City wins series 4-0)
 Saturday's result
 Oklahoma City 103 Dallas 97

L.A. LAKERS (3) VS. DENVER (6)
 (L.A. Lakers lead series 3-1)
 Sunday's result
 L.A. Lakers 92 Denver 88
 Tonight's game
 Denver at L.A. Lakers, 10:30 p.m.

MEMPHIS (4) VS. L.A. CLIPPERS (5)
 (L.A. Clippers lead series 2-1)
 Last night's result
 Memphis at L.A. Clippers
 Saturday's result
 L.A. Clippers 87 Memphis 86
 Tomorrow's game
 L.A. Clippers at Memphis, 9:30 p.m.
 x — played only if necessary

LACROSSE

NLL PLAYOFFS

DIVISIONAL SEMIFINALS

EAST DIVISION
 Saturday's result — Toronto 7 Buffalo 6
 Friday's result — Rochester 14 Philadelphia 13

WEST DIVISION
 Saturday's results
 Edmonton 19 Calgary 11
 Minnesota 14 Colorado 10

DIVISIONAL FINALS
 Saturday, May 12 — All Times Eastern

EAST DIVISION
 Rochester at Toronto, 7 p.m.

WEST DIVISION
 Edmonton at Minnesota, 9:30 p.m.



Captain Alfredsson in flight

Sweden's Daniel Alfredsson, left, skates past Denmark's Jannik Hansen Monday in Stockholm. Loui Eriksson had two goals and an assist as the Swedes defeated Denmark 6-4 at the IIHF World Hockey Championship. CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Staggering Bulls face uphill battle against the 76ers

NBA. With key players injured, Chicago must overcome 3-1 deficit

It seemed almost unthinkable that the Chicago Bulls could be in this spot.

Yet here they are, trailing the Philadelphia 76ers 3-1 in the first round and trying to avoid elimination as they return home for Game 5 on Tuesday night.

If the Bulls lose, they will be just the fifth No. 1 seed to fall to an eighth seed. It would also give Philadelphia its first series victory since 2003, a scenario few envisioned when the post-season started.

They also realize it'll take a

wild comeback for them to advance, particularly given their injuries. They lost Derrick Rose for the remainder of the season to a torn anterior cruciate ligament in his left knee in the series opener, and centre Joakim Noah will likely sit out a second straight game due to a sprained left ankle.

As they staggered back home following Sunday's 89-82 loss, they sure looked like a beaten team. History says they're just about finished, too. Only eight teams have come back from a 3-1 deficit to win a best-of-seven series.

Bulls guard Richard Hamilton wasn't conceding anything. He was with Detroit when the Pistons turned the trick in 2003, beating Orlando in the first round after having fallen behind 3-1 and advancing to the conference finals.

The only other eight seeds to knock off a No. 1 are Denver (1994), New York (1999), Golden State (2007) and Memphis last season, when it eliminated San Antonio.

THE ASSOCIATED PRESS



Chicago Bulls' Joakim Noah, sidelined by a sprained ankle, reacts from the bench Sunday in Philadelphia. MICHAEL PEREZ/THE ASSOCIATED PRESS

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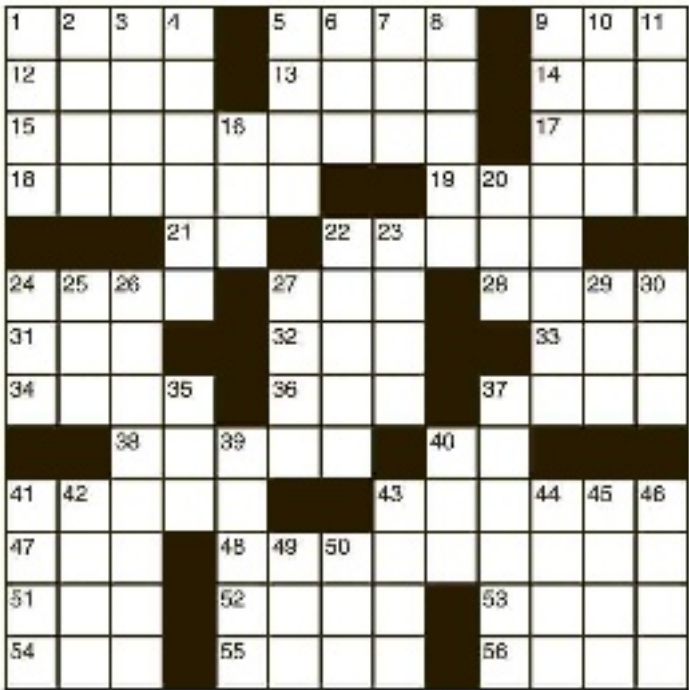
WANTED to purchase a good used guitar;
Gibson or Martin would be great.
Please contact me at 613-829-3581

Crossword

Across

- 1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star

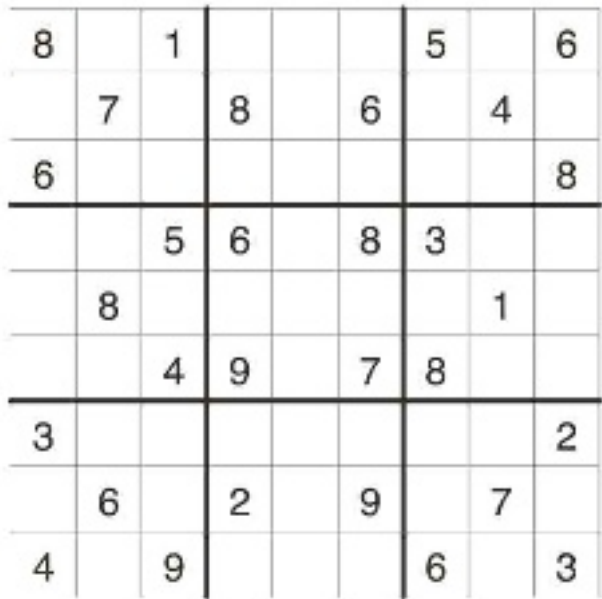
- 55 Existed
56 "CSI" actor George
Down
1 Cribbage props
2 Nashville entertain-
ment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the
Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor
Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity



- 43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need

- 46 Tackles' teammates
49 Keatsian opus
50 Postal creed word

Sudoku



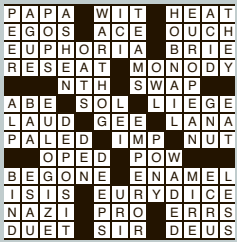
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	9	8	2	7	8	5	1	4
5	4	7	6	1	8	3	2	8
1	2	8	6	3	4	7	6	9
4	1	2	3	8	6	9	7	5
6	7	8	4	2	6	8	3	1
8	5	3	7	9	1	2	4	6
2	8	5	1	6	7	4	8	3
9	3	1	8	4	2	6	5	7
7	6	4	9	5	3	1	8	2

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXC DUJXY VK.
QXGKSQ PI RGX YSUVPIY.
FPW JPWDY NUF RGUR GX
CDUFXY SI DSXW PB DPW.
Yesterday's Cryptoquip: WHAT SONG MIGHT
SOMEBODY SING WHILE REMODELING
APARTMENT WALLS? "GOODBYE, OLD PAINT."
Today's Cryptoquip Clue: R equals T



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

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Rain
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Wednesday

18°/9°
Thundershowers
70%

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Horoscope

- ♈ Aries | March 21 - April 20.**
Aim to make money and move up in the world.
♉ Taurus | April 21 - May 21.
At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.
♊ Gemini | May 22 - June 20.
You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.
♋ Cancer | June 21 - July 22.
You know what you want but try not to be too pushy or impatient

- because that could cause resentment among those who don't share your hunger to succeed.
♌ Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.
♍ Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.
♎ Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.
♏ Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to

- mind their own business.
♐ Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.
♑ Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.
♒ Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.
♓ Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.
SALLY BROMPTON



Caption Contest

"Peek-a-bear"
Debbie

COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

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Karat | Price/gram

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9999 Canada Maple leaf, less than 1 ounce	\$49.95/g
24k Jewellery	\$39.23/g
22k	\$35.94/g
E. Indian/Nuggets	\$31.86/g
18k	\$29.42/g
14k and dental	\$22.87/g
10k	\$16.32/g
9k	\$14.71/g
8k/antique gold	\$9.81/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,496.63
Gold 10 ounce (Recognized)	\$14,884.92
Gold 1kg (Recognized)	\$47,885.02
Gold bars, less than 1 ounce (Recognized)	\$47.86/g
999 Gold bar (Unrecognized)	\$46.55/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$28.59/coin
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Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$0.59/g
Stamped Sterling Silver Jewellery	\$0.56/g
Mexican Silver stamped 925	\$0.48/g
Stamped 800 Silver	\$0.46/g
Unstamped scrap silver	\$0.31/g
Other silver coins	\$0.63/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

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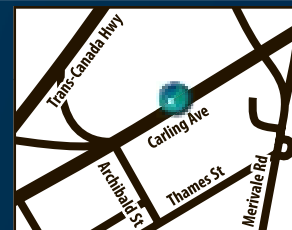
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